The Lions' Pride

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Saint Leo Celebrates Love with "Leo Love Week"

By Danielle Meikle
Contributing Writer

The Student Government Union (SGU) spread the love last week, Feb. 8 – 12, by hosting their annual "Leo Love Week" as a treat for the faculty and students of Saint Leo University.

Ideally placed in the week leading up to Valentine's Day, *Leo Love Week* was SGU's way of sharing in this traditional celebration of love.

According to Joseph Thompson, SGU vice president of Activities, the goal of Leo Love Week was to, "Show the students that Student Government Union really cares about them."

The week featured a different event on each day, all of which were well-attended by both students and faculty. However, the largest turnout was for *Cookies, Coffee, and Love* held on Feb. 10 inside the Student Activities Building (SAB).

The least attended event was *Spreading the Love* on Feb. 8 where bagels and cream cheese were handed out to the student body. Despite the low attendance, students still enjoyed it.

"I liked the bagels the most because Mondays are always rough day for me and it made my day a little better," said Rachel Cunio, who is a junior and Math major.

The other events included *You Stole My Heart* on Feb. 9, where students picked up decorative heart cut outs that they could give to someone who "stole their heart" and *Giving out Kisses* on Feb. 11, where little bags of chocolate was handed out to students. The week culminated with a T-shirt giveaway on Feb. 12, where the T-shirts, marked with the hashtag *Leo Love Week 2016*, were gladly accepted by passing students.

When conceptualizing this event, SGU wanted it to stand out to the student body in the face of a number of similar events being held that week. They were successful in doing so as the students seemed to enjoy the week's proceedings.

Photo By Danielle Meikle

Custom designed T-Shirts, with a picture of the SAB clock tower, were given away for free to any student who wanted one during Leo Love Week.

"Yes, I would like to see it [Leo Love Week] continue," said Marina Riad, who is a sophomore and a political science major.

On the topic of its continuity, Thompson said, "Leo Love Week will be held next year. It's a traditional event on campus and I will change up the days just to keep it fresh so the students don't get used to the same thing."

The positive reception (success) of the week's events cements its spot on next year's calendar, and SGU plans to make it bigger and better.

Celebrate Love By Stuffing a Plush

By Kimberly Scott-Williams
Contributing Writer

When Valentine's Day approaches, individuals spend hundreds of dollars buying their significant others gifts to make them feel special on the special day. Like a significant other, Saint Leo uses their allocated funds to cater to the heart throbs, their students. Leo Love Week is dedicated to the students; therefore, various activities and free items, such as Stuff – A – Plush, stuffs away the stress between classes to stuff love in these adorable furry friends.

The idea of Stuff – A – Plush first struck the eyes of the Campus Activities Board (CAB), a subsection of the Student Government Union (SGU), members at the activities conference held every year in Tampa where they get activities ideas.

"They are nice, soft, high quality animals and felt like it's something the students would love to do," said Tara Centeno, assistant director of Student Activities.

Centeno said the school gets money to fund the various activities, such as Stuff – A – Plush. She indicated it is solely from the students' activities fee that is a part of the tuition. In addition, they get special discounts from the vendors for the activities and they save money by collaborating with different schools in the area.

Photo By Kimberly Scott-Williams

Students lined up to stuff their plush under the shade at the CAB Loggias and had the option for different types of toys.

When asked if students knew how the school gets the money to fund huge events, many students like Kayla Corday, a freshman psychology major, said they knew the university allocated the funds from the tuition but they were unaware of the process for having an event like Stuff – A – Plush.

Every week the school always partakes in activities that take place on campus in order to relieve the stress and tension from the students.

"Last semester a student was so stressed from an exam she just flunked and she decided to Stuff – A – Plush. She then told me that it makes her so happy and that she needed to step away from classes as she had a really tough time," Centeno explained.

One of Saint Leo's core values is Community in which faculty, staff, and students become like a family through activities such as Stuff – A – Plush. Another core value is Integrity. Centeno discussed the process of attending Stuff – A – Plush in which students must check in using their IDs so that each student is limited to one stuffed animal. However, some students were able to cheat the system by either taking two animals or coming back for a second time.

"People shouldn't be rude and abuse the system like that," Centeno said.

When asked, Centeno said the importance of having activities such as these and explained that, "It's something fun that gets you excited about being here at Saint Leo. It breaks in your day that will relieve your stress."

On the day of the event there were long queues in front of the Student Activities Building (SAB) Loggias. It was surprisingly one of the few nice, sunny and warm days of the semester as the toys warmed the hearts of people who were happily stuffing them. Many of the people interviewed said that they made one for themselves. However, Brandysha Russell, a biomedical major, said that there had been a couple in front of her that made a toy for each other. No one was really aware of the purpose of the event, they just thought it was nice to possibly cuddle with a handmade toy.

Editorial

You Look New. Are You A Freshman?

By Samantha Corcoran
Contributing Writer

Transferring can be inherently difficult. Transfer students all over the world have common issues when moving to a new place with new people and new schooling curriculum.

The most common issues faced by transfer students are a lack of connections both professional and personal, a lack of knowledge of both the campus and the surrounding area, and being thrown in a room for a year with people they do not know. Not having a vehicle can also make this a fairly difficult transition.

While all transfer students around the world face these common issues, here on the Saint Leo University campus there are a few more issues that some of the transfer students have noticed.

The first experience transfer students have when moving to the Saint Leo campus is orientation. The orientation is primarily geared towards freshman, which is understandable but it pushes transfer students to the wayside.

What Saint Leo fails to recognize is that transfer students who have already attended some sort of collegiate level schooling do not want to go through the whole orientation process a second time if they can avoid it. For a transfer student coming to Saint Leo, this just seems to be a waste of their time if not repetitive at best.

Many transfer students feel that they would be better off not going to orientation due to the fact that they feel they do not learn anything important through this process.

There should be a separate orientation, or something like it, for transfer students. Something like a shortened version of orientation or a "how to" basics meeting for the most important things students need to know how to do.

To help transfer students transition more smoothly into the university, Saint Leo University may take into consideration some things they could do to better prepare their new pupils.

The university could have small optional tours of the campus to figure out where things are or just give out a map, which pinpoints key locations.

On the other hand, with the technological side of things, students should be taught how to use the appropriate websites upon receiving their laptops. The freshman may have been taught what to do but upon arrival, transfer students were told to leave and come back "later or tomorrow." This means that those who were turned away were not instructed on what to do and had to figure it out on their own.

As a transfer student, one receives an older more outdated laptop, which many find to be unfair. Just because a student decides to come in at a later time does not mean that they deserve less than that of the other students coming into the university.

Many transfer students feel that the trips during orientation were the only good thing that came from the whole process. Overall, some individuals found orientation to be a helpful experience whereas others did not.

Sophomore business undecided major, Is'ra Saadat says, "The transfer process was smooth and Saint Leo did a wonderful job with grouping the transfers together and it was very easy to make friends that way."

On the other hand, Junior international tourism and hospitality management major, Mary Cait Denning says, "I liked the transfer program in general but I didn't care for being mixed in with the freshmen so much considering how much younger they were. I also was not a fan of getting older laptops just because I transferred, it didn't seem fair in my opinion."

Another struggle that transfer students face is fighting for funds against other students. Transfer students can earn a transfer

Photo By Samantha Corcoran

Orientation on the Saint Leo campus began with fun in the sun and a well-deserved trip to Universal.

Check us out online at www.pride-online.net

Florida Craft Beer

Photo By Niclas Bez

The University hosted a special event with Mark DeNote who presented on Florida craft breweries and the history of Florida beer. Take a look at the article to learn more about the beer tasting.

Save a Life Tour

Photo From Twitter @SaveALifeTour

The Save a Life Tour visited Saint Leo University, and attempted to show students the dangers of drunk driving. Simulations and statistics allowed students to educate themselves.

Kung Fu Panda III Review

Photo From Twitter @KFPWikiOfficial

In the latest installment of the "Kung Fu Panda' series, Po (Jack Black) must replace Master Shifu (Dustin Hoffman) as the leader of the Jade Temple. Does Po and this movie live up to expectations?

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Campus News

Poet Patrick Bizzaro on Campus

By Eline Pannekoeke
Contributing Writer

On Feb. 17 students at Saint Leo University had the great opportunity to meet poet Patrick Bizzaro. Bizzaro is author of 10 books. Admission was free so all students could enjoy the reading of some of his work. The event took place in the lobby of the Fine Arts Building at 5 p.m.

Bizzaro started with some jokes and immediately got the full attention of his audience and kept their attention, as he made sure to interact with the audience throughout the whole reading. He read from his most recent book. Even though most of his work was rather serious, Bizzaro still managed to stay very funny. Before reading a poem, he would always give an introduction, or a background story to the poem. Most of his poetry is written for his wife, and you can feel the love he has for her through his words.

The poem, "Event Boundaries," was one of the poems Bizzaro has written for his wife. This poem talks about how people forget what they have learned when they leave the room, something many people can relate to.

Bizzaro also writes about war but stated that he did not want to write historical poems because history is created by people and he is not a historian. He wanted to create a personal tone and does this, he also establishes his belief system through his poetry. His poems are very touching and emotional, especially after hearing his background stories.

"Poetry is a way of making knowledge," said Bizzaro.

When asked if people had lost interest, the audience asked Bizzaro to read more poems and he did. Time seemed to fly by as words came out of Bizzaro like music.

After being asked if he had always known he wanted to become a writer Bizzaro stated that he had always thought he would become a sports writer, and he did that for a while but when he went to school he gravitated towards literature courses. In college, he went to every reading on Thursday nights and he started working on it a little bit and then decided to follow through with it.

Picture From @scottishbktrust

During the event, Patrick Bizzaro gave tips on how to overcome writer's block for English majors and anyone who enjoys writing and wants to improve.

The advice he would give to any English majors or other students interested in becoming a writer is to write a lot, write every day and do a lot of reading. Do not believe in writer's block and it will not happen to you.

"Writer's block is what happens when someone is writing and trying to edit at the same time. Those two things work against each other and that is writer's block so the solution is to not do both at the same time," said Bizzaro.

According to Bizzaro, a good poem makes connections between things that no one has connected before.

"When correspondences surprise the writer it is probably going to surprise the reader too and when that happens there is always a good poem," said Bizzaro.

You Look New Cont'd.

Photo By Samantha Corcoran

Most of our transfer students at Saint Leo find it comforting to be with other students like themselves.

Photo By Samantha Corcoran

Splitting students into groups at orientation leads to smiling faces and budding friendships.

scholarship but often struggle to find funds other than this.

The competition for scholarships and other funds are often listed where transfer students do not know to look. A lack of knowledge of the websites and policies makes it hard to meet deadlines and qualifications.

Housing is a whole different ball game. As a transfer student you have no idea which building is which and where you should live for being an upper-level student but just coming in. It is difficult to pick a place to live between the pricing and not knowing who you are going to live with and how clean they are.

Trying to get housing was a difficult process but overall with the help of residence life, it was not overly painful.

Another issue that has come to the attention of many is how difficult it is to transfer in coursework done at another university prior to attending Saint Leo. Many classes have a curriculum, which is strictly followed. This means that it is inherently difficult to swap it out with a class that one may have already taken.

For some students, this means that they may have to stay longer just because they could not transfer coursework.

Many transfer students have noticed that the general education requirements just add to the list of classes that extend their years here.

For those students who are unaware, it is possible to test out of some classes as long as you score above a set number. A collection of College Level Examination Program (CLEP) exams can help students graduate on time or ahead of time. For more information on this speak to your advisers.

The main thing transfer students have a problem with is being mistaken for a freshman. Yes, it happens. People do not like it when they feel like they are being downgraded after having put in hard work to get where they are now.

It is hard to walk around on such a small campus and not be asked if you are a freshman when someone sees a new face.

Transfer students struggle in and out of the classroom. Being a transfer student and walking into some upper-level courses on the first day, students are immediately faced with the assumption that they know what to do.

The professors automatically think that if you are in an upper-level course that you have been here for years and know all the policies and procedures whereas you sit there and think to yourself, "What are they talking about?"

In this case, the best thing to do is just speak to your professors and let them know your situation. The professors here are fairly flexible and understanding. They were in your shoes years ago and can often relate to what you are saying.

Not all transfer students feel this way and not all experiences as a transfer student here at Saint Leo are bad ones. Some experiences are better than others.

As a current student at Saint Leo who had recently transferred here, I believe it is the best decision I have made in a long time.

National

A Day Focused on Finding a Cure

By Rebecca Maldonado
Contributing Writer

Picture from Twitter @SStJude

On Feb. 20, Best Buy donated $10.2 million dollars to St. Jude's Children's Research Hospital.

With Valentine's Day on the fourteenth, February is known as the month of love. However, many are unaware that February the fourth is World Cancer Day.

The following information comes from the official World Cancer Day website. "A truly global event taking place every year on 4 February, World Cancer Day unites the world's population in the fight against cancer. It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action."

The trillions of cells in our bodies reproduce and due at a normal rate. However, cancer develops when abnormal cells begin to multiply too quickly. The overgrowth can cause the cells to damage each other and invade other areas of the body. Because of this, Cancer can cause serious health complications and even death.

According to BayCare Health, Cancer can be broken into five main categories. Firstly is carcinoma: cancer that begins in the tissues of the skin. Second are central nervous system cancers, which are cancers that begin in the brain or spinal cord. Third is leukemia: cancer that begins in the blood or blood forming tissues. Fourthly is lymphoma and myeloma which are cancers that begin in the lymph nodes and bone marrow, respectively. Lastly is Sarcoma, which is a cancer that begins in the bone or muscle tissue.

Nowadays, there are over a hundred different types of cancer, characterized by abnormal cell growth. Some of the more prominent types of cancer are breast cancer, leukemia and lymphoma, and skin cancer to name a few. Some are easier to avoid or prevent. For example, many young adults enjoy sun tanning. While exposure to the sun is necessary for healthy development, too much exposure to UV light can actually cause serious problems. This is why many people are advised against the use of tanning beds.

The American Cancer Society estimates "about half of men and one-third of women in the United States will develop some form of cancer during their lifetime."

Population-based studies have found that certain ethnicities and races are prone to specific kinds of cancer. Because of this, prescreening and early detection is essential to help patients ensure long-term survival as opposed to people who wait until the symptoms are visible. For example, cervical cancer decreased dramatically as soon as Pap testing became a common practice. Researchers are now studying ways to improve the use of and access of proven screening methods, to avoid overdiagnosis and overtreatement.

"As of right now 8.2 million people die from cancer worldwide every year, out of which, 4 million people die prematurely (aged 30 to 69 years)" says the World Cancer Day website.

World Cancer Day is a great initiative which helps bring attention to the disease which has taken has taken the lives of too many people.

Picture from Twitter @SStJude

Cancer doesn't care who it claims as its victim. Children at St. Jude's Hospital receive some of the best medical care in the country while battling their illnesses.

Science

A Molecular Way of Stopping Pollution

By Austin Chiavaroli
Staff Writer

With pollution still being a major issue in the ecosystem, scientists, ecologists, and environmentalists have been working for decades to stop this pandemic. Finally, something new has been brought up that might help rid contaminating pollution, at least in small increments. Genetic scientists in Switzerland have designed a new membrane that uses amyloid protein fibers to grab ahold of metal and radioactive waste and pull it out of water. The membranes have even shown that they can pull more than their own weight in contaminants.

The scientists created this specialized membrane by converting milk proteins into the durable amyloid fibers. They then began testing the amyloid membrane by using it in different solutions that mimicked common polluted water situations. It was recorded that the membrane picked up ninety nine percent of most of the solutions. It picked up metals such as lead and mercury with ease and radioactive material also was not able to get away from this microbial strainer. Even gold was found to be caught up as well, which was later observed to be able to be purified again after being caught by the proteins. The scientists took notice that the membrane, with less than six milligrams of amyloids, could contain around one hundred milligrams of gold.

This discovery of the membrane being able to hold more than its own mass has surprised scientists. Whereas, other common membrane materials would not be able to grab half the amount the amyloid membrane does.

The idea of bringing the water to purification sites has also crossed the minds of scientists such as Raffael Mezzenga, a physicist of ETZ Tech.

"The membranes could be developed for small or large scale water purification units," Mezzenga said.

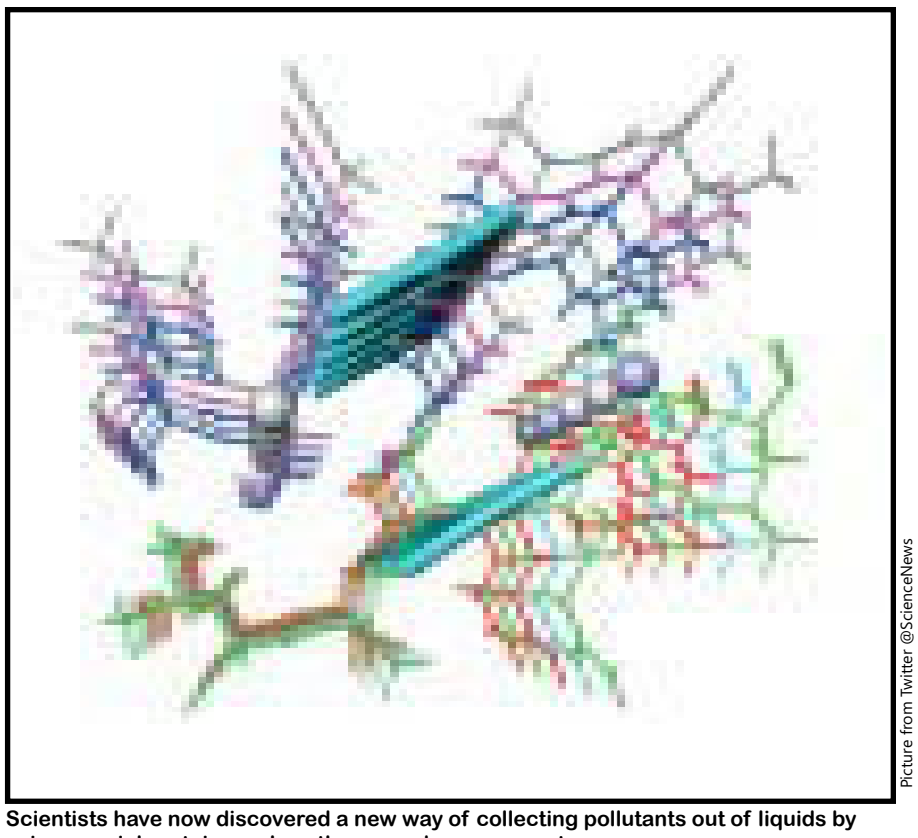
Mezzenga even has estimated that per every one thousand liters of water filtered through the purification site the technology would cost only one dollar.

"The membrane design is thins and flexible, and could be adjusted to optimize cleanup or metal recovery's." Mezzenga said.

The membranes are still being tested at this point in time as a precaution in case there is a silver lining found in this micro biological find. Another issue being looked at is the high and low acidities found in water and how the membrane will react to the chemicals.

With all the testing aside, the amyloid proteins trapping abilities have encouraged the science community that the answer to stopping pollution is not too far as we once believed. This find might even inspire other researchers to look at more closely related ways of developing contaminant filters through microbials.

In the near future, these proteins might be used in a lot of ways of purification and become the answer to the question of how scientists can stop pollution in water.



Picture from Twitter @ScienceNews

Scientists have now discovered a new way of collecting pollutants out of liquids by using special protein, such as the ones above, as a net.

Is Winter to Blame for Depression?

By Austin Chiavaroli
Staff Writer

For many, the winter season is one of the most depressing due to the cold weather and post-holiday sadness. However, some researchers believe it isn't entirely the season's fault and other objects may be in motion than just winter itself.

"While rates of major depression are marked by sadness, insomnia, loss of hope or loss of interest, these marks do not change from one season to the next among U.S citizens," said Psychologist Steven LoBello of Auburn University.

In a new study, roughly thirty thousand U.S. adults were observed to see if there was spike in fall or winter seasonal depression. However, Lobello and two other colleagues from Auburn, Megan Traffanstedt and Sheila Mehta, have an issue with this way of observing participants.

"It's becomes difficult to justify current psychiatric diagnosis of major depression with a seasonal pattern," said Lobello. Both Traffanstedt and Mehta agreed. "Due to it being a reoccurring disorder, it can happen in two consecutive winters by chance. And, in three or more consecutive winters, be due to socializing and more personal factors unrelated to shorted days."

There have been other studies that focus on a variety of age ranges including the elderly, teenagers, and children in both Europe and the United States. The studies, also, found no tendency in the rise of depression rates during winter or any other season.

Seasonal affective disorder (SAD) is a term that is related to the depression disorders that occur in the months of winter.

Lobello and his team devised another way of finding out more on SAD patterns by surveying 34,294 U.S. adults by phone in 2006. The surveys consisted of a questionnaire that focused completely on major depression and its symptoms. The participant callers would recall the number of days in the past two weeks they had experienced the symptoms asked. Lobello's team conducted more phone surveys with other individuals during the winter months as they had previously during non-winter months. When the data was analyzed, there seemed to be no specific spike or decline in the ratio of Seasonal Affective Disorder. Sunlight was also taken into effect since past studies have also looked into this and have believed that light affects one's mood. Though the new study found no change in depression with individuals in bright lit areas and dark lit areas, other studies have more proof that light in fact does change mood. Such as when some individuals get depressed when it rains outside and sunlight isn't constant.

In the case of whether or not the winter season makes people depressed, it is found that there is truly no change due to season. While students around campus might be more depressed around this time of year, the depression is more than likely caused by an outside source rather than the season itself.

Picture Courtesy of Austin Chiavaroli

No one is immune to depressive symptoms, especially during winter.

Arts & Entertainment

From the Cutting Room Floor to Top of the Charts

By Thavail England
Contributing Writer

Grammy nominated singer/songwriter Sia Furler otherwise known as Sia, released her seventh studio album titled "This is Acting" on Jan. 29, 2016. This album, like most of Sia's albums, is electro-pop with a heavy influence of soul. This whole album is comprised of songs that are rejects from other artists. "This is Acting" is successful because it is very versatile and well written.

"This is Acting" has 12 songs, the second of which is the album's single *Alive*. *Alive* premiered in Sept. 2015 and was number six on the Billboard Hot 100. This song was originally co-written for Adele by Adele and Sia for Adele's latest album, but was rejected last minute. Rihanna also turned down the song.

The music video for *Alive* stars Mahiro Takano, a nine-year-old Japanese girl who performs swift and focused karate moves throughout the entire video. In most of her recent videos, Sia dresses Takano in a blond bob wig resembling Sia's own hairstyle. In this video, Takano wears a half-blonde, half-black wig, similar to the one seen in the cover art of the album.

Bird Set Free is the first song on the album. The song starts out with a piano solo and then transitions into Sia singing. The song speaks about her newfound self-awareness as a singer/songwriter, expressing that she doesn't care if she even sings off key, she sings for herself and for love. This song is a heartfelt ballad of self-expression with a set of heavy drumbeats.

One Million Bullets is the third song of the album. This is one of the slower songs, and seems to advocate self-sacrifice for the sake of love, but this self-sacrifice must be reciprocal. *One Million Bullets* has strong vocals from Sia and a soulful background singer accompanied by soft piano chords and slow drumbeats.

Move Your Body is easily the most upbeat song of the album. This is a huge step for Sia, as she doesn't think of herself as a pop artist and does not write pop songs for herself. However, all the songs on this album were written for other artists. By the beat and the tempo listenrs can make a safe guess that this song was written for Shakira because it follows Shakira's typical style of music. This is a song that listeners can expect to hear in a club. The fast tempo, catchy chorus and repetitive lines make this a very melodious song.

Unstoppable, like many of Sia's other songs such as *Chandelier,* is a song that exudes confidence and strength. This song proclaims the artist's newfound strength and confidence both in her life and in her music. *House on Fire* describes Sia's strong will and intention to keep doing the things she's doing. She describes herself as a house on fire and that she wants to keep burning.

Cheap Thrills is an upbeat pop song on this album with heavy drums and subtle background vocals. Though a much slower tempo than *Move Your Body, Cheap Thrills* is another dance song with a light melody and a good rhythm. *Sweet Design* is another fast tempo electro-pop song. The song starts of with some interesting beats before Sia begins rapping over the beats. This is a catchy song with lots of instruments like the guitar, drums, violin and piano and is the shortest song on the album.

Reaper is about Sia not wanting to die. She sings to the Reaper about her will to live and all the things she has yet do before she dies.

In *Footprints,* Sia takes listeners back to her battle with mental illness. She gives thanks in this song to the person that helped her through the process. *Broken Glass* and *Space Between,* the last two songs on the album, fall back into Sia's typical slow tempo and soulful style of music. Her distinguishable soprano vocals can be heard accompanied by strong drumbeats, which make these song an easy listen.

The title "This is Acting" was chosen because these are all songs that were written for other people, so they are not very personal songs to Sia. According to her interview with Billboard Hot 100, Sia states that she describes writing for other artists as "play-acting."

"This is Acting," unlike her other albums, is not consistent with the genre of songs; there is a mixture of genres from soul to electro-pop. This is one of Sia's best albums because she showcases her vast songwriting skills . Sia showcases her versatility in this album by writing a fast pace dance song intended for Adele and a catchy pop song written for Pitch Perfect 2. This album earns a rating of 4 out 5.

Current Events

March 4-6 - Okeechobee Music & Arts Festival

Located at the Sunshine Grove event grounds the Okeechobee Music & Arts festival is a huge music event for lovers of music in all capacities. More than 100 bands will be at the festival; this list includes big names in music such as Mumford & Sons, Odesza, Nikyee Heaton, Skrillex, and Fetty Wap.
More information can be found at:
www.okeechobeefest.com

Picture From Instagram @Okeechobeefest

Picture From Twitter @Sia

"This is Acting" can be picked up in stores now for $11.99.

Arts & Entertainment

Catchy Riffs and Mindless Lyrics

By Annie Hays
Layout Editor
Arts & Entertainment Editor

Photo From Twitter @wolfmother

"['Victorious'] is this balance of garage-y energy and big production. It's wilder and more energetic—and perfect for a festival main stage," said Andrew Stockdale on Wolfmother's official website.

Australian rock band Wolfmother started strong with the release of their self-titled debut album. No succeeding album has be able to reclaim that initial spark, and the band's latest release, "Victorious," is a lackluster album at best.

It is hard to pick out any songs on the album as all but two sound nearly identical. The first stand-out track is the title track for the album, and what really sets it apart is it's length. Like every song on the album except *Pretty Peggy*, *Victorious* features driving riffs in the style of 1970's Rock legends such as Black Sabbath and Led Zeppelin. What kills each track are the vocals and lyrics. Singer Andrew Stockdale's high pitched, auto-tuned, whining voice against the stark riffs is genuinely a chore to listen to. Furthermore, the lyrics are devoid of substance and the chorus in each song is so often repeated that listeners have a hard time getting to the end of each track.

What sets *Pretty Peggy* apart from the rest of this album is that it is the only acoustic track on the album. Stockdale's singing is less high-pitched, thus making it more bearable. However, this song is not the album's saving grace by any means. Rather than sound like yet another 1970's Rock song, it seems to fit in more with contemporary acoustic Alternative Rock such as Imagine Dragons.

The only average track on this album is *Gypsy Caravan*. It clearly draws on the band Steppenwolf as it begins with a simple driving beat, and then in about the middle of the song, there is a guitar and keyboard interlude followed by about a minutes of distorted repetition of the chorus.

For those who can stand to listen to Stockdale's sad imitations of Robert Plant and Ozzy Osbourne, this album is a study in simple, non-nonsense riffs for the guitar, bass, drums, and keyboards. *The Love That You Give, Victorious, The Simple Life, and Gypsy Caravan* all start off promising with strong instrumentals, and later rhythm changes in these songs are also tight. It is clear the instrumentalists work well as a cohesive unit, but their efforts are crushed by Stockdale's wailing.

"Victorious" shows that Wolfmother would do well to find a new singer and songwriter as the instrumentals are solid but the vocals and lyrics are hard to listen to. Due to these issues with the vocals, this album earns a 1.5/5.

Sports

Swim Sunshine State Conference Championship

By Niclas Bez
Contributing Writer

On Feb. 21, five of the Lions' swimmers captured the All-SSC titles at the Sunshine State Conference Championships.

Sophomore Daniel Bis took the first-place finish on the last day of the competition at the YMCA of Central Florida Aquatic Center. He was the only men's swimmer that earned a spot on the First Team, according to SaintLeoLions.com.

The YMCA Aquatic Center is where the best male and female swimmers of the Conference spent four days with preliminaries in the morning and ending their days with the final heats in the evening.

Senior Evan Jacob, Senior Pawel Trenda, and Senior Matheus Assis were all selected for Second Team All-SSC.

The women's swim team featured Natalia Garriock as the only woman from the team to receive all-conference recognition. Garriock was named First Team All-SSC.

Maftuna Tuhtasinova placed third in the women's 200 backstroke and Nicole Weber finished second in the women's 200 breaststroke. Tuhtasinova came in at a "B" cut time of 2:02.01 while Weber clocked in at "B" cut time as well of 2:15.43, according to SaintLeoLions.com.

The Saint Leo men's and women's swim teams both finished fifth in the team standings this year at the Sunshine State Conference Swimming Championships.

Photo By Niclas Bez

The YMCA Aquatic Center is the place where the best male and female swimmers of the Conference spent four days with prelims in the mornings and final heats in the evening.

Photo By Niclas Bez

Sophomore Daniel Bis finished first place, with Nova Southeastern University coming in second and Florida Southeastern University coming in third.

Real Life Adventure and College Credits Too

Fall 2016 &
Spring 2017
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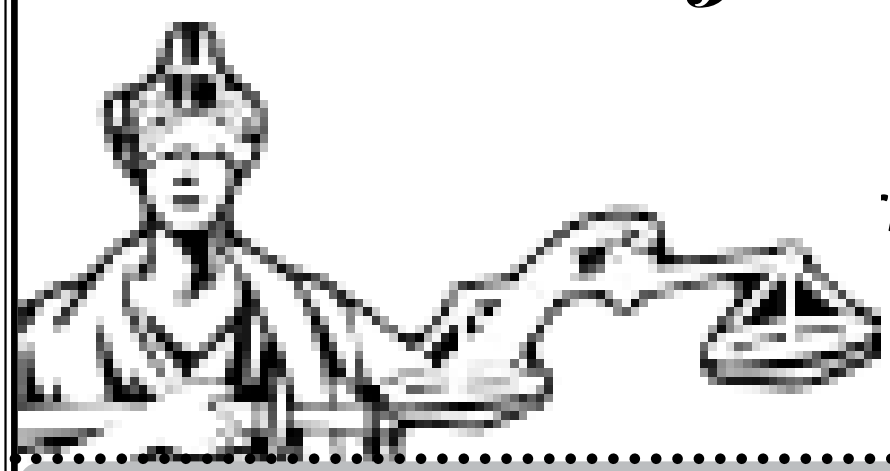
Internships



LIVE YOUR FUTURE NOW! Ever wonder what life is going to be like after college? Come and see Dr. Cillo in Saint Edward's Hall, room 205. You can explore Criminal Justice, intern placement possibilities and discover what awaits after graduation. County, State and Federal agency placements are waiting to take you on your adventure! Juniors and Seniors only.

Deadline: March 18, 2016

Upcoming Games For the Week of 2/26/16 - 3/4/16

Softball

2/26: Vs Nova Southeastern 7:00 pm
2/27: Vs Nova Southeastern 12:00pm
2/27: Vs Nova Southeastern 2:00pm
3/3: Vs West Va. Wesleyan 4:00pm
3/3: Vs West Va. Wesleyan 6:00pm

Baseball

2/26: @ Palm Beach Atl. 6:00pm
2/27: @ Palm Beach Atl.1: 00pm
2/27: @ Palm Beach Atl.4: 00pm
2/29: Vs Saint Anselem 6:00pm
3/4: Vs Northwestern (@ Port Charlotte , Fla.) 6:00pm

M Basketball

2/27: Vs Tampa 4:00pm

W Basketball

2/27: Vs Tampa 2:00pm

M Tennis

2/27: @ Flagler 1:00pm

W Tennis

2/27: @ Flagler 10:00am
3/3: Vs Seton Hall 2:00pm

M Track

3/4: @ Tampa Invitational 5:00pm

W Track

3/4: @ Tampa Invitational 5:00pm

M Lacrosse

2/27: @ Shorter 1:00pm

W Lacrosse

2/27: @ Lenoir-Rhyne 4:00pm
3/1: @ Belmont Abbey 2:00pm
3/4: Vs Gannon 7:00pm

M Golf

@ Howey-in-the-Hills, Fla.
2/29: Vs South/Southeastern Regional Preview
3/1: Vs South/Southeastern Regional Preview

W Golf

@ Lakeland, Fla.
2/22: Florida Southern Invitational
2/23: Florida Southern Invitational